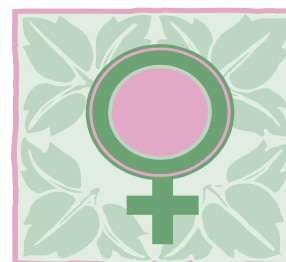
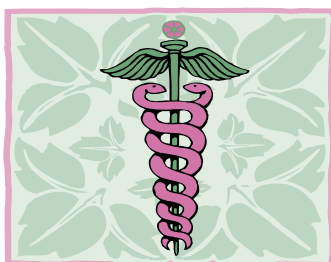
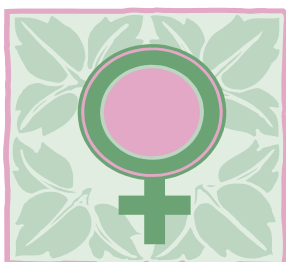


NEW HAMPSHIRE WOMEN'S HEALTH LINKS

Each year, the Commission answers questions from hundreds of New Hampshire residents on issues relevant to women and their families. This resource directory was created to make access to resources quick and easy. We have done our best to compile a comprehensive guide that reflects the Commission's priority issues and the concerns of New Hampshire women. The Commission does not necessarily support or endorse these web sites; they are provided for information only. If you have suggestions for resources to add to this guide, please contact us at cmswwweb@admin.state.nh.us.



July 2003

Alcohol & Drug Treatment	Cancer	Diabetes	Disabilities
Domestic & Sexual Violence	Eating Disorders	General Health & Resources	Health Care Access & Quality
Heart Disease	Hysterectomy & Treatment	Mental Health	Nutrition
Reproductive Health	STDs & HIV/AIDS	Sexuality	Urinary Incontinence

New Hampshire Patients' Bill of Rights:

www.gencourt.state.nh.us/ras/html/xi/151/151-21.htm

**New Hampshire
Department of Health
And Human Services**
6 Hazen Drive
Concord, NH 03301
603-271-4886
www.dhhs.state.nh.us

**New Hampshire
Help Line**
2 Industrial Drive
Concord, NH 03301
1-800-852-3388
603-225-9000
www.nhhelpline.org

**National
Office of Women's Health**
200 Independence Ave SW
Room 730 B
Washington, DC 20201
202-690-7650
www.4woman.gov/owh

Alcohol and Drug Treatment:

For a comprehensive listing: www.dhhs.state.nh.us, click "Programs and Services" and then "Alcohol and Drug Treatment"

Al-Anon/Alateen of New Hampshire

P.O. Box 220
Concord, NH 03302-0220
Phone: (877) 825-2666

Farnum Center: Substance Abuse Treatment and Rehabilitation

Serves all afflicted with substance abuse regardless of race, creed, color, sex, or ability to pay. The 30-day residential program includes individual, group, and educational sessions. There is also an outpatient program including individual, group, and family counseling along with individual group therapy.
235 Hanover Street
Manchester, NH 03104
Phone: (603) 622-3020

Friends of Recovery

Provides education on the nature of addiction, treatment and recovery.
1492 Elm Street
Manchester, NH 03101
Phone: (603) 647-4629
Email: fornh@fornh.org

Keystone Hall

Keystone Hall has a special women's wing consisting of 11 beds to provide a safe and woman oriented residence during their stay. Keystone Hall empowers women to be active in their recovery and health, and take responsibility for their own lives; educates women on the impact of health factors on their lives, improving their health and sense of well being; assists women to achieve sobriety and to begin their journey to recovery from addiction.

For more information about the *Women's Program* at Keystone Hall, contact Theresa Ellis, (603) 881- 4848

Send all postal correspondence to:

Peter Swenson
Executive Director
Keystone Hall
Pine Street Extension
Nashua NH 03060
Phone: (603) 881-4848

New Hampshire Division of Alcohol and Drug Abuse Prevention and Recovery

Provides prevention, education, and treatment services to those in the New Hampshire area.
105 Pleasant Street
Concord, NH 03301
Phone: (800) 852-3345 Ext. 6100

New Life Home for Women and Children

This is a faith-based organization focused on meeting the needs of women with drug and alcohol related problems and their children. They offer an 18-24 month residential program made up of daily classes, job preparation, parenting classes, life skills training, computer course, personal counseling, college level courses, structured programs, character building classes, and tutoring for GED.

P.O. Box 148

Manchester, NH 03105

Phone: (603) 624-8444

Email: newlifehome@mediaone.net

www.newlifehome.org

NATIONAL RESOURCES:**Al-Anon**

www.mv.com/ipusers/nhal-anon

(877) 8AL-ANON (1-877-825-2666)

Alcoholics Anonymous

www.alcoholics-anonymous.org

For a detailed listing of meeting locations, dates, and times, please go to:

www.mv.com/ipusers/nhaa/meetings_by_town.html

Narcotics Anonymous

<http://portaltools.na.org/portaltools/MeetingLoc/>

United States Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

This site has a comprehensive listing for all of NH state mental health and substance abuse resources

www.samhsa.gov

United States Department of Health and Human Services and SAMHSA clearinghouse for Alcohol and Drug Information

Offers a wealth of drug & alcohol related information/prevention.

www.health.org

Women for Sobriety

WFS is a self-help program for women with problems of addiction. It is the first and only self-help Program for women only and its precepts take into account the very special problems women have in recovery - the need for feelings of self-value and self-worth, and the need to expiate feelings of guilt and humiliation.

For additional information including the "New Life" Program and the complete recovery catalog, please contact:

WFS, Inc.

P.O. Box 618

Quakertown, PA 18951-0618

Phone/fax: (215) 536-8026

www.womenforsobriety.org

Cancer (Ovarian, Breast, Cervical):

The American Cancer Society

The Gail Singer Memorial Building
360 Route 101, Unit 8
Bedford, NH 03110-5032
Phone: (603) 472-8899
Toll-free: (800) 640-7101
www.cancer.org

Breast & Cervical Cancer Early Detection Program

Department of Health and Human Services
6 Hazen Drive
Concord, NH 03301
Phone: (800) 852-3345 ext. 4931
www.cdc.gov/cancer/nbccedp

Breast & Cervical Cancer Program

37 Alice Drive, #117
Concord, NH 03303
Phone: (603) 271-4886
Fax: (603) 271-0539
Email: mmurphy@dhhs.state.nh.us
www.cdc.gov/cancer/nbccedp

Dartmouth-Hitchcock Medical Center

1 Medical Drive
Lebanon, NH 03756
Phone: (603) 650-7625
www.hitchcock.org

Ovarian Cancer:

National Ovarian Cancer Coalition: www.ovarian.org

For more information and additional website links:
www.ovarian.org/pages.asp?page=RESOURCES, to find a Gynecologic
Cancer Specialist in your area: 1-800-444-4441

Gynecologic Oncologists in New Hampshire:

Jackson Bowers Beecham, MD
Associate Professor, OB/GYN Dartmouth Medical School
Director, Gynecologic Oncology Norris Cotton Cancer Center
Dartmouth-Hitchcock Medical Center
1 Medical Center Drive
Lebanon, NH 03576
Phone: (603) 650-7625

John L. Currie, MD
Professor of OB/GYN and Chair Emeritus Dartmouth Medical School

Dartmouth-Hitchcock Medical Center
1 Medical Drive
Lebanon, NH 03756
Phone: (603) 650-7625

Leslie R. DeMars, MD
Dartmouth-Hitchcock Medical Center
1 Medical Drive
Lebanon, NH 03756
Phone: (603) 650-7625

NATIONAL RESOURCES:

Gynecologic Cancer Foundation:

www.wcn.org/gcf
Oncolink: www.oncolink.com/

Breast Cancer:

The Breast Cancer Site

www.thebreastcancersite.com

Breast Foundation of New Hampshire

23 Riverway Place
Bedford, NH 03110
Phone: (603) 650-7625
www.hitchcock.org

Breast Health Foundation of New Hampshire

A non-profit organization devoted to breast cancer patients, their families, and friends
273 North Bay Street
Manchester, NH 03104
Phone: (603) 666-9890

Let No Woman Be Overlooked: Breast and Cervical Cancer Program

Offers free breast and cervical cancer screenings to women between the ages of 18-64 who meet eligibility requirements. Services are available at Catholic Medical Center, Elliot Hospital, and the Teen Health Clinic. Follow-up testing and treatment is also available if an abnormality is found.

Elliot Hospital
One Elliot Way
Manchester, NH 03101
Phone: (603) 663-5787
www.freescreeing.org

National Alliance of Breast Cancer Organizations

Offers information, links to support groups and other useful breast cancer links.
National Alliance of Breast Cancer Organizations (NABCO)
9 East 37th Street, 10th Floor
New York, NY 10016

Phone: (888) 80-NABCO
www.nabco.org

The National Breast and Cervical Cancer Early Detection Program

Contact your local breast and cervical cancer program to find out where you can get a free or low-cost mammogram and Pap test. Age and income requirements vary.

Enrollment Number

In-State Phone: (800) 852-3345, option 1, Ext. 4931

Out-of-State Phone: (603) 271-4931

www.cdc.gov/cancer/nbccedp/contacts/states-territories/nh.htm

New Hampshire Breast Cancer Coalition

18 Belle Lane

Lee, NH 03824

Phone: (603) 659-3482

Email: info@nhbcc.org

www.nhbcc.org

New Hampshire Breast and Cervical Cancer Program

New Hampshire Department of Health and Human Services

6 Hazen Drive

Concord, NH 03301-6527

Phone: (603) 271-4886

Fax: (603) 271-0539

www.dhhs.state.nh.us

For information about program eligibility and healthcare providers in your area that offer breast and cervical cancer screening services, please call: (800) 852-3345 ext. 4931

Screening locations and phone numbers:

Free screening for breast and cervical cancer: www.freescreeing.org

Refer to website for eligibility: www.freescreeing.org/about.html

Manchester:

Elliot Hospital 603-663-4567 (option #2)

Catholic Medical Center 603-626-2626

Teen Health Center 603-627-9707

Manchester Community Health Center 603-626-9500

Nashua:

St. Joseph Hospital 603-595-5700

Derry:

Derry Community Health Services 603-425-2545

Support Groups:

Please refer to the following website for a comprehensive listing:

www.hersource.com/breast/06/6b/supportgroup.cfm?State=NH

Cervical Cancer:

Let No Woman Be Overlooked: Breast and Cervical Cancer Program

Offers free breast and cervical cancer screenings to women between the ages of 18-64 who meet eligibility requirements. Services are available at Catholic Medical Center, Elliot Hospital, and the Teen Health Clinic. Follow-up testing and treatment is also available if an abnormality is found.

Elliot Hospital
One Elliot Way
Manchester, NH 03101
Phone: (603) 663-5787
www.freescreeing.org

NATIONAL RESOURCES:

The National Breast and Cervical Cancer Early Detection Program

Contact your local breast and cervical cancer program to find out where you can get a free or low-cost mammogram and Pap test. Age and income requirements vary.

Enrollment Number
In-State Phone: (800) 852-3345, option 1, Ext. 4931
Out-of-State Phone: (603) 271-4931
www.cdc.gov/cancer/nbccedp/contacts/states-territories/nh.htm

National Cervical Cancer Coalition

www.nccc-online.org/

Diabetes:

American Diabetes Association

249 Canal Street
Manchester, NH 03101
Phone: (603) 627-9579
www.diabetes.org

Cocheco Chapter of American Diabetes Association

Wentworth-Douglas Hospital
Dover, NH 03820
Phone: (603) 749-2306

New Hampshire Juvenile Diabetes Foundation

2 Wellman Avenue, Suite 340
Nashua, NH 03064
Phone: (603) 595-2595
Email: newhampshire@jdfr.org
www.jdfr.org

Parents of Children with Diabetes Support Group

137 Epping Road
Exeter, NH 03383

Phone: (603) 772- 2981

Disabilities:

Camp Allen, Inc.

A residential camping facility serving children, adolescents, and adults with physical and/or developmental disabilities.

56 Camp Allen Road
Bedford, NH 03110
Phone: (603) 622-8471

Crotched Mountain Rehabilitation

Residential/day school for children with multiple disabilities ages 6-21.

Phone: (800) 966-2672
Email: info@cmf.org

Disabilities Rights Center

18 Low Avenue
P.O. Box 3660
Concord, NH 03302
Phone (800) 834-1721
Fax: (603) 225- 2077
Email: advocacy@drcnh.org
www.drcnh.org

Easter Seals of New Hampshire

Provides rehabilitation services for those with disabilities. Some include physical, occupational and speech therapies, hearing and audiological services, hearing aid repair and dispensing, infant, toddler and pre-school day care, recreational summer camping program, and adult medical day treatment program.

555 Auburn Street
Manchester, NH 03101
Phone: (603) 623—8863
www.e seal.org

The Governor's Commission on Disability

57 Regional Drive
Concord, NH 03301
Phone: (603) 271-2773
Email: cnadeau@gov.state.nh.us

HEAR in New Hampshire

Riverside Park
11 Kimball Drive
Hooksett, NH 03106
Phone: (603) 624-4464
Fax: (603) 622-1638
Email: pdupaul@HEARinNH.org
www.HEARinNH.org

The Hugs Program for Parents

P.O. Box 261
Plymouth, NH 03264
Phone: (603) 536-3789

New Hampshire Department of Vocational Rehabilitation

Provides rehabilitation services to assist New Hampshire citizens with disabilities to secure or maintain employment and financial and personal independence.
361 Lincoln Street
Manchester, NH 03103
Phone: (603) 669-8733
www.ed.state.nh.us

Northern New England Down Syndrome Congress

P.O. Box 716
Hudson, NH 03051
Phone: (603) 622-6904
Email: mikemcc@worldpath.net
www.nnedsc.org

Teens Calling on Peers for Nonjudgmental Guidance

Granite State Independent Living Foundation
P.O. Box 7268
Concord, NH 03301
Phone: (800) 826-3700

The Upper Valley Support Group

12 Flynn Street
Lebanon, NH 03766
Phone: (603) 448-6311
Email: contact@uvsg.org
www.uvsg.org

Domestic and Sexual Violence:

"Standardized Rape Protocol and Kit and Domestic Violence Protocol. – The department of justice shall adopt, pursuant to RSA 541-A, and implement rules establishing a standardized rape protocol and kit and a domestic violence protocol to be used by all physicians or hospitals in this state [New Hampshire] when providing physical examinations of victims of alleged sexual offenses and alleged domestic abuse, as defined in RSA 173-B:1."

For additional information about domestic violence in New Hampshire- laws, resources, court cases, protective orders, refer to NH Commission on the Status of Women's, "A Legal Handbook for Women in New Hampshire- Domestic Violence" site, located at www.state.nh.us/csw/domestic.html.

Americorps Victim Assistance Program

Works towards expanding the network of sexual and domestic violence centers and support services across New Hampshire.

AmeriCorps Victim Assistance Program
P.O. Box 4156
Concord, NH 03302
Phone: (603) 224 6466
Fax: (603) 224 4666
www.avap1.org

New Hampshire Coalition Against Domestic and Sexual Violence

P. O. Box 353
Concord, NH 03302-0353
Phone: (603) 224-8893
www.nhcadv.org

New Hampshire has 12 crisis centers that provide 24-hour crisis lines, emotional support, accompaniment to court and hospital, social services, shelter, support groups and peer support, and transportation. Services are available to you regardless of race, gender, sexual orientation, religious or political beliefs, physical ability, or financial status.

To locate the crisis center nearest you, contact:

24-Hour Crisis Hotline: 1-800-852-3388

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574 (toll free), or

www.nhcadv.org

**New Hampshire Department of Justice: The State Office of Victim/Witness Assistance:
Domestic Violence and Sexual Assault Protocols**

Domestic violence protocol: www.state.nh.us/nhdoj/victimwitness/dasapro.html

Throughout the protocols listed on the above site, there are many references to agencies in New Hampshire that deal directly with domestic violence. These include domestic violence service programs (crisis centers), domestic violence coordinating councils, and batterer intervention programs. A complete listing of these types of protocols is included with every set of protocols, or each individual protocol.

Sexual Assault Protocol:

www.state.nh.us/nhdoj/victimwitness/pdfs/SexualAssaultProtocol.pdf

New Hampshire Department of Justice: Victim/Witness Services

www.state.nh.us/nhdoj/victimwitness/serv.html

SANE: Sexual Assault Nurse Examiners

A Sexual Assault Nurse Examiner is a Registered Nurse who has been specially trained to provide comprehensive care to sexual assault survivors, who demonstrates competency in conducting a forensic examination and the ability to be an expert witness.

603-228-4677, ext. 2027.

www.mv.com/ipusers/nhcadv/sane.html#sane

New Hampshire Hospitals with SANE nurses:

Alice Peck Day
Catholic Medical Center
Cheshire Medical Center
Concord Hospital
Elliot Hospital
Franklin Memorial Hospital
Frisbie Memorial Hospital
Littleton Regional Hospital
Monadnock Community Hospital
Parkland Medical Center
Portsmouth Regional Hospital
Speare Memorial Hospital
St. Joseph Hospital
Valley Regional Hospital
Valley Regional Hospital
Weeks Medical Center
Wentworth-Douglass Hospital

Women's Crisis Services

Provides various educational outreach programs for grades K-12.
12 Court Street
Keene, NH 03431
Phone: (603) 352-3782

Women's Supportive Services of Sullivan County

Provides educational resources/awareness of sexual harassment and bullying.
11 School Street
Claremont, NH 03743
Phone: (603) 543-0155

32 Main Street
Newport, NH 03773
Phone: (603) 863-4053

NATIONAL RESOURCES:

The Miles Foundation, Inc

A non-profit organization that provides a wealth of services to victims of violence associated with the military.
http://members.aol.com/~ht_a/milesfdn/myhomepage/

National Domestic Violence Hotline

(800) 799-SAFE
(800) 787-3224 (TTY)

Stop Family Violence

A website dedicated to news briefs of legislation, news relevant to family violence
www.stopfamilyviolence.org

Toolkit to End Violence against Women

To provide concrete guidance to communities, policy leaders, and individuals engaged in activities to end violence against women, the National Advisory Council on Violence Against Women developed the Toolkit To End Violence Against Women. Numerous experts in the fields of sexual assault, domestic violence, and stalking reviewed the recommendations contained in the Toolkit. Each Toolkit chapter focuses on a particular audience or environment and includes recommendations for strengthening prevention efforts and improving services and advocacy for victims.

<http://toolkit.ncjrs.org/>

Violence Against Women Office

www.ojp.usdoj.gov/vawo/

Eating Disorders:

Bodywise Handbook

The BodyWise packet includes fact sheets and resource lists design to help health care providers and school personnel to detect eating disorders among adolescents and provide suggestions for promoting positive body image and healthy eating behaviors.

www.4woman.gov/BodyImage/Bodywise/bodywise.htm

Center for Eating Disorders Management

www.cedm-inc.com/

Bedford Office

10 Pine Tree Place

360 Route 101

Bedford, NH 03110

Phone: (603) 627-1163

Fax: (603) 626-7696

Dover Office

466 Central Avenue, Suite 5

Dover, NH 03820

Phone: (603) 742-0047

Fax: (603) 742-0589

Hampstead Hospital

218 East Road

Hampstead, NH 03841

Phone: (603) 329-5311

Fax: (603) 329-4746

www.hampsteadhospital.com/eatingdisorders.html

www.hampsteadhospital.com/edc_links.html

Since 1988, The Center for Eating Disorders Management, Inc. has been helping health care providers, school personnel and families learn to recognize patients at risk of eating disorders. With offices in Dover and Manchester, New Hampshire, they offer professional programs for medical and mental health providers,

training and educational programs for schools and community programs for all ages.

National Eating Disorders Association
www.nationaleatingdisorders.org

General Health/ Resources:

Adventure Lore
P.O. Box 395
Danville, NH 03819
Phone: (603) 382-4661
Email: info@adventurelore.com
www.adventurelore.com

Alice Peck Day Memorial Hospital
125 Masona Street
Lebanon, NH 03766
Phone: (603) 448-3121
www.alicepeckday.org

American Heart Association
2 Wall Street
Manchester, NH 03101
Phone: (603) 669-5833
Fax: (603) 669-6745
www.americanheart.org

American Red Cross Blood Services
425 Reservoir Avenue
Manchester, NH 03104
Phone: (603) 625-1951
Email: MillerMar@usa.redcross.org
www.newenglandblood.org

Ammonoosuc Family Health Services
25 Mt. Eustis Road
Littleton, NH 03561
Phone: (603) 444-2464
Email: norrine@nchin.org
www.nchin.org/achs

Avis Goodwin Community Health Center
19 Old Rollinsford Road
Dover, NH 03820
Phone: (603) 749-2346
Fax: (603) 749-2748
Email: framirez@avisgoodwchc.org
www.chan-nh.org

Bureau of Health Promotion

Department of Health and Human Services
6 Hazen Drive
Concord, NH 03301
Phone: (603) 271-4280
Fax: (603) 271-4160
Email: pbaum@dhhs.state.nh.us
www.dhhs.state.nh.us

Capitol Region Health Center

250 Pleasant Street
Concord, NH 03301
Phone: (603) 225-5567

Catholic Medical Center

100 McGregor Street
Manchester, NH 03103
Phone: (800) 437-9666
Email: info@cmc-nh.org
www.catholicmedicalcenter.org

Center for Health Promotion

8 Loudon Road
Concord, NH 03301
Phone: (603) 228-7240
Fax: (603) 228-7251

Community Health Center

One Medical Center Drive
Lebanon, NH 03756
Phone: (603) 650-4000

Community Health & Hospice

780 North Main Street
Laconia, NH 03246
Phone: (603) 524-8444
www.laconianh.com/chnh

Concord Hospital

250 Pleasant Street
Concord, NH 03301
Phone: (603) 225-2711
Email: info@crhc.org
www.concordhospital.org

Coos County Family Health Services

133 Pleasant Street
Berlin, NH 03570
Phone: (603) 752-2040
Email: awoods@nchin.org
www.coosfamilyhealth.org

Families First of Greater Seacoast
(603) 422-8208

Frisbie Memorial Hospital
11 Whitehall Road
Rochester, NH 03867
Phone: (603) 332-5211
www.frisbiehospital.com

Good Shepherd Healthcare
20 Plantation Drive
Jaffrey, NH 03452
Phone: (603) 532-8762

Greater Derry Community Health Services
41 Birch Street
Derry, NH 03038

Harbour Women's Health
155 Griffin Road
Portsmouth, NH 03801
Phone: (603) 431-6011
Fax: (603) 431-6011
www.harbourwomenshealth.com

Healthy New Hampshire 2010
Healthy New Hampshire 2010 is New Hampshire's health promotion and disease prevention agenda for the first decade of the 21st century. As a private-public initiative, this agenda represents a shared vision and acknowledges a shared responsibility for improving the health and quality of life for all New Hampshire citizens.
New Hampshire Department of Health and Human Services
Office of Community and Public Health
6 Hazen Drive
Concord, NH 03301-6527
www.healthynh2010.org/

Infolink
(603) 422-8220, or (888) 499-2525

Kittery (Maine) Family Practice
(207) 439-4430

Latin American Center
Provides bilingual assistance and interpretation (interpretacion), assistance with forms and applications, information and referral about insurance, jobs, housing, medical services, etc. Interacts with many other social agencies in the city.
521 Maple Street
Manchester, NH 03104
Phone: (603) 669-5661

Email: hcorrea@hlcsp.org

Lupus Foundation of New Hampshire

P.O. Box 5500
Manchester, NH 03108
Phone: (603) 623-9996
Fax: (603) 232-5879

Manchester Community Health Center

1415 Elm Street
Manchester, NH 03101
Phone: (603) 626-9525
Fax: (603) 626-0899
www.chan-nh.org

Nashua Pastoral Care Center

7 Concord Street
Nashua, NH 03064
Phone: (603) 886-2866
Fax: (603) 886-9214
Email: mwirbal@npcc.mv.com
www.nashuanpcc.org

Nashua Public Health Department

18 Mulberry Street
Nashua, NH 03060
Phone: (603) 589-4500
Fax: (603) 594-3323
www.gonashua.com

National Women's Health Network

Founded to give women a greater voice in the health care system in the US, the National Women's Health Network is a non-profit, national public interest membership organization dedicated exclusively to women's health. The Network advocates for better federal policy on women's health and through its Information Clearinghouse, provides women with information and resources to assist them in making better health care decisions.

514 10th Street
Northwest Suite 400
Washington, D.C. 20004
For health information: (202) 628-7814
www.womenshealthnetwork.org

National Women's Health Organization

The National Women's Health Organization was founded with the goal to promote exceptional medical service to women in a safe and comfortable environment while understanding that a woman's emotional health and safety are as important as her physical well-being. The organization operates eight clinics in the United States.

Phone: (800) 532-5383
www.nwho.org

New Horizons for New Hampshire: Angie's Shelter

Provides referrals to victims of abuse, assistance for substance abuse problems, employment counseling, medical and mental health services and case management for New Hampshire women.

New Hampshire Area Health Education Center

HB 7016
Hanover, NH 03755
Phone: (603) 650-1931
Fax: (603) 650-1331
Email: rosemary.orgren@dartmouth.edu
www.dartmouth.edu/~ahehome

New Hampshire Association for the Blind

25 Walker Street
Concord, NH 03301
Phone: (800) 464-3075
Fax: (603) 224-4378
Email: services@sightcenter.com
www.sightcenter.com

New Hampshire Department of Health and Human Services

The Department of Health and Human Services offers economic services providing money, medical, and food stamp benefits to eligible clients. This department also provides child support services.

6 Hazen Drive
Concord, NH 03301-6527
Phone: (603) 271-4886
Fax: (603) 271-0539
www.dhhs.state.nh.us

New Hampshire Health Data Inventory

This website has been created to provide an inventory of existing health data to New Hampshire communities. The purpose of this inventory is to connect community residents to health data sources and to the owners of these data sources.

www.nhhealthdata.org

New Hampshire Minority Health Coalition

This coalition works to identify populations with barriers to healthcare, and advocate for better health care services for those populations.

www.nhhealthequity.org/

Office of Community & Public Health

Department of Health & Human Services
6 Hazen Drive
Concord, NH 03301
Phone: (603) 271-5249
Fax: (603) 271-4327
Email: kdunn@dhhs.state.nh.us
www.dhhs.state.nh.us

Portsmouth Regional Hospital's Women's Care Services

333 Borthwick Avenue
Portsmouth, NH 03801
Phone: (603) 431-6803
www.portsmouthhospital.com/default.asp

Rockingham Community Action

(603) 431-2911

Safety & Health Council

163 Manchester Street
Concord, NH 03301
Phone: (603) 228-1401
Fax: (603) 224-0998
Email: info@shcnh.org
www.shcnh.org

Seacare Health Services (Exeter)

11 Downing Court
Exeter, NH 03833
Phone: (603) 772-8119
Fax: (603) 772-8120
Email: info@seacarehealthservices.org
www.seacarehealthservices.org

University of New Hampshire Health Services

12 Ballard Street
Durham, NH 03824
Phone: (603) 862-1530
Fax: (603) 862-4259
Email: healthservices@unh.edu
www.unh.edu/health-services

Upper Connecticut Valley Hospital

RR 2, Box 13
Colebrook, NH 03576
Phone: (603) 237-4971
Fax: (603) 237-4452
Email: Clement.Berry@hitchcock.org
www.d-h.org/ucvh

VA Medical Center

718 Smyth Road
Manchester, NH 03103
Phone: (800) 892-8384
Fax: (603) 626-6568
www.visn1.med.va.gov/manchester

Weeks Medical Center

73 Middle Street
Lancaster, NH 03584

Phone: (603) 788-5005
Email: Gail.T.Giampaolo@Hitchcock.org
www.weeks.hitchcock.org

Women's Health Associates

875 Greenland Road
Portsmouth, NH 03801
Phone: (603) 436-1128

Women's Health Consortium: Women Helping Women

A community network to coordinate women's health resources
100 Campus Drive, Suite 1
Portsmouth, NH 03801
Phone: (603) 422-8245

Women's Health For Life

Umbrella program for women's services at Dartmouth-Hitchcock Manchester.
100 Dartmouth Way
Manchester, NH 03104
Phone: (603) 695-2639

Women's Healthcare Associates

73 Warren Street
Concord, NH 03301
Phone: (603) 228-0134
Fax: (603) 228-4554

Women's Medical Associates of Southern New Hampshire

Nashua Office
166 Kinsley Street, Suite 204
Nashua, NH 03060
Phone: (603) 880-9200

York Hospital's Wellness Center

(207) 351-3402

Young Women's Leadership

Clipper Health Center
Portsmouth High School
Alumni Drive
Portsmouth, NH 03801
Phone: (603) 625-1296

NATIONAL RESOURCES:

Health Information for Special Groups- National Women's Health Information Center

Links to online health reference resources for special populations—women with disabilities, minorities, etc.

www.4woman.gov/nwhic/references/index.htm

www.4girls.gov

Provides girls ages 10-16 with information on fitness, nutrition, stress management, relationships with friends and family, peer pressure, suicide, drugs, self esteem, and other topics that effect the lives of young women.

Healthy People

Healthy People 2010 challenges individuals, communities, and professionals to take specific steps to ensure that good health, as well as long life, and enjoyed by all. Health finder: your guide to reliable health information

www.healthfinder.gov

Jacobs Institute of Women's Health

A non-profit institution working towards improving women's health care.

www.jiwh.org/

National Institutes of Health

Offers an A-Z index of health resources and articles as well as a listing of individual organizations that are a part of NIH.

www.nih.gov

The National Women's Health Information Center

The National Women's Health Information Center (NWHIC) is the Office on Women's Health's clearinghouse for women's health information. Through a comprehensive web site and toll-free call center, NWHIC serves the entire United States, Puerto Rico and the U.S. Virgin Islands. NWHIC phone lines (available in English and Spanish) are open Monday through Friday from 9:00 am to 6:00 pm, Eastern Time.

8550 Arlington Boulevard, Suite 300

Fairfax, VA 22031

Phone: (800) 994-WOMAN (1-800-994-9662) or (888) 220-5446 (TTY)

www.4woman.gov/

The Office on Women's Health

A branch of Health and Human Services that works towards changing inequalities towards women in health research, services and information, the website contains information on a variety of women's health concerns.

www.4woman.gov/owh/

The Women's Research and Education Institute

www.wrei.org

Health Care Access & Quality:

ASSETT (Assistive Services to Schools for Education, Technology and Training)

State Office Park South

Dolloff Building

117 Pleasant Street

Concord, NH 03301

Phone: (603) 226-2900 (V/TTY)

ATECH Services (Alliance for Assistive Technology, Education, and Community Health Services)

Assistive technology evaluation and consultation services, information and resources, training and technical assistance.

New Hampshire Assistive Technology Center

Five Right Way Path

Laconia, NH 03246-1400

Phone: (603) 528-3060 (V/TTY)

In-State Phone: (800) 932-5837

www.nhassistivetechology.org

Caregiving.com

Offers information/support for caregivers of the elderly

www.caregiving.com

Care Guide

Elderly healthcare planning, services, articles and information

www.careguide.com

Care Scout

A website that allows visitors to search and compare a variety of nursing homes, assisted living, home health and hospice. Allows provides discounts and information on eldercare.

www.carescout.com

The Center for Women Veterans

www.va.gov/womenvet/

The Commonwealth Fund

A private organization that supports independent healthcare research and provides grants to improve health care quality, as well as providing information about health care.

www.cmwf.org

Elder Web

Offers a research site with information on eldercare and long-term care, including legal, financial, medical, and housing concerns.

www.elderweb.com

New Hampshire Office and Planning Research

To contact the Office of Planning and Research, call:

(800) 852-3345 ext. 5254 (in NH only), or (603) 271-5254.

Email: opr@dhhs.state.nh.us

or write in care of the:

Department of Health and Human Services,

129 Pleasant Street

Concord NH, 03301

New Hampshire Patients' Bill of Rights

www.gencourt.state.nh.us/rsa/html/xi/151/151-21.htm

New Hampshire Women, Infants, and Children Hotline

Health and Human Services, Community and Public Health
(800) WIC-4321

New Hampshire REACH 2010 Initiative (Racial and Ethnic Approaches to Community Health)

This program, run through the New Hampshire Minority Health Coalition, works to improve the health status of African Descendent and Latino communities in the state.

25 Lowell Street, 3rd Floor
Manchester, NH 03101
Phone: (603) 627-7703
Toll free: (866) 460-9933

Northeast Health Care Quality Foundation

This is a non-profit organization dedicated to ensuring quality healthcare to patients with Medicare.

15 Old Rollinsford Road, Suite 302
Dover, NH 03820-2830
Phone: (800) 772-0151
www.medicarequality.org

The Refurbished Equipment Marketplace

Program developed to recycle medical equipment. Provides “gently used” and reconditioned equipment at a significantly lower cost than new equipment.

Toll-free: (800) 427-3338 (V/TTY)
Phone: (603) 223-2384 (V/TTY)

Senior Link

Matches specialists with families seeking help with senior care from home. Provides 60 services including housekeeping, home care and safety monitoring.

www.seniorlink.com

The TECH Lab

Provides individuals with the opportunity to learn about and try out various types of communication devices, adaptive software, computer input devices, adaptive toys and switches, mounts, devices for sensory impairments, and more.

Technology Exploration
State Office Park South
Dolloff Building, Second Floor
117 Pleasant Street
Concord, NH 03301
Phone: (603) 226-2900 (V/TTY)

Heart Disease:**Agency for Healthcare Research and Quality (AHRQ)**

Advocacy through research in progress and recent findings

www.ahrq.gov/research/womheart.htm

American Heart Association

20 Merrimack Street
Suite One
Manchester, NH 03101
Phone: (603) 669-5833
Fax: (603) 669-6745
www.americanheart.org/

Women & Cardiovascular Disease

www.americanheart.org/presenter.jhtml?identifier=1200011

NOAH: Women and Heart Disease

NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased.
www.noah-health.org

Hysterectomy & Alternative Treatment:**Agency for Healthcare Research and Quality (AHRQ)**

www.ahrq.gov/research/womenh2.htm#hyster

Mental Health:

For comprehensive listing, please refer to the NH Department of Health and Human Services website: www.dhhs.state.nh.us

Behavioral Health Services

113 Crosby Road, Suite 1
Dover, NH 03820
Phone: (603) 749-4015
Fax: (603) 743-3244

The Boston Institute for Arts Therapy

90 Cushing Avenue
Boston, MA 02125-2028
Phone: (617) 288-5858 ex. 29
Email: sansfran@yahoo.com

Carroll County Mental Health

25 West Main Street
Conway, NH 03818
Phone: (603) 447-2111
Fax: (603) 447-1021

Headrest 24-hour Hotline

Headrest provides help in a crisis, someone to talk with in confidence, information and referrals, substance abuse programs, and emergency lodging.
ALL SERVICES ARE CONFIDENTIAL
24 Church Street
Lebanon, NH 03766

Phone: (603) 448-4400

National Alliance of the Mentally Ill (NAMI)- New Hampshire chapter

NAMI New Hampshire
10 Ferry Street, Unit 314
Concord, NH 03301
Toll Free in NH: (800) 242-6264
Email: naminh@vitts.net

New Hampshire State Mental Health Agency

New Hampshire Division of Behavioral Health
State Office Park South
105 Pleasant Street
Concord, NH 03301
Phone: (800) 852-3345

Soul Survivors

Services for women survivors of trauma that stresses peer support.
Jennifer Ireland- (603) 239-8172
Nina Dretzin: (603) 355-2817
Email: soulsurvivorsjn@yahoo.com

Womankind Counseling Center

21 Green Street
Concord, NH 03301
Phone: (603) 225-2985

Community Mental Health Centers:

There are 10 community mental health centers throughout the state of New Hampshire, all of which provide emergency services 24-hours a day.

CLM Behavioral Health

Salem Professional Park
44 Stiles Road
Salem, NH 03079
Phone: (603) 893-3548

Community Council of Nashua, New Hampshire

7 Prospect Street
Nashua, NH 03060-3990
Phone: (603) 889-6147

GENESIS- The Counseling Group

111 Church Street
Laconia, NH 03246
Phone: (603) 524-1100

The Mental Health Center of Greater Manchester

401 Cypress Street
Manchester, NH 03103

Phone: (603) 668-4111

Monadnock Family Services

Administrative Office
64 Main Street, Suite 301
Keene, NH 03431
Phone: (603) 357-6878

New Hampshire Hospital- Acute Psychiatric Services Building

New Hampshire Hospital Administration
Acute Psychiatric Services Building
36 Clinton Street
Concord NH 03301
Toll-free in NH: (800) 852-3345 x5300
Phone: (603) 271-5300
Fax: (603) 271-5395
Email: nhhadmin@dhhs.state.nh.us

Northern New Hampshire Mental Health & Developmental Services

87 Washington Street
Conway, NH 03818
Phone: (603) 447-3347

Riverbend Community Mental Health Center, Inc.

5 Market Lane
P.O. Box 2032
Concord, NH 03302-2032
Phone: (603) 668-4111

Seacoast Mental Health Center, Inc.

1145 Sagamore Avenue
Portsmouth, NH 03801
Phone: (603) 431-6703

Strafford Guidance, Inc.

130 Central Avenue
Dover, NH 03820
Phone: (603) 742-0630

West Central Behavioral Health

2 Whipple Place, Suite 202
Lebanon, NH 03766
Phone: (603) 448-0126

Nutrition:

New Hampshire Department of Health and Human Services

The Department of Health and Human Services offers economic services providing money, medical, and food stamp benefits to eligible clients. This department also provides child support services.

6 Hazen Drive
Concord, NH 03301-6527
Phone: (603) 271-4886
Fax: (603) 271-0539
www.dhhs.state.nh.us

Special Supplemental Food Program for Women, Infants, and Children (WIC):

The Special Supplemental Food Program for Women, Infants, and Children is a food and nutrition program benefiting infants, children under 5, and pregnant, postpartum and breastfeeding women with low to moderate incomes. WIC is designed to improve the health of pregnant women, infants, and young children by assuring access to health care, teaching families about good nutritional practices and providing an individually designed package of nutritious foods.

Toll-free number for New Hampshire WIC: (800) 942-4321,
or contact local DHHS district office:

Conway: (603) 447-3841, or (800) 552-4628
Salem: (603) 893-9763, or (800) 852-7492
Concord: (603) 271-6202, or (800) 322-9191
Nashua: (603) 883-7726, or (800) 852-0632
Manchester: (603) 668-2330, or (800) 852-7493
Portsmouth: (603) 433-8326, or (800) 821-0326
Rochester: (603) 332-9120, or (800) 862-5300
Berlin: (603) 752-7800, or (800) 972-6111
Laconia: (603) 524-4485, or (800) 322-2121
Littleton: (603) 444-6786, or (800) 552-8959
Claremont: (603) 542-9544, or (800) 982-1001
Keene: (603) 357-3510, or (800) 624-9700

Reproductive Health: Pregnancy and Childbirth, Infertility, Parenting and Family Services:

Pregnancy and Childbirth support groups:

The Birth Place - Southern New Hampshire Medical Center

8 Prospect Street
P.O. Box 2014
Nashua, NH 03061
Phone: (800) 628-8070
www.snhmc.org

Elliot Hospital

One Elliot Way
Manchester, NH 03103
Phone: (603) 663-4567
www.elliethospital.org

The Family Birthing Center - Franklin Regional Hospital

Provides a variety of ongoing support groups parenting and childbirth classes.

15 Aiken Avenue
Franklin, NH 03235
Phone: (603) 934-2060 extension 254
www.lrggh.org/franklin/index.html

The Family Place - Concord Hospital

Provides a variety of ongoing support groups and classes concerning pregnancy, childbirth, breastfeeding and infant care.
250 Pleasant Street
Concord, NH 03301
Phone: (603) 225-2711 Ext. 4977
www.concordhospital.org/womenservices/obstetrics.html

Feminist Women's Health Center (FWHC)

The FWHC is a non-profit organization which works to keep abortion safe and legal, educates women about reproductive health, directs women to appropriate resources, and helps women with limited financial resources. The FWHC is also an informational referral service that provides a gateway to thousands of important health materials, federal organizations, and private-sector resources and internet sites.
Phone: (888) 291-6170 ex.112
Fax: (509) 575-0477
www.fwhc.org

Care Net

This program offers pregnancy testing and support services for teens and women, education on options, childbirth and parenting classes, maternity and baby clothes, health care and housing referrals.
Phone: (800) 395-HELP

Catholic Charities, Inc.

Provides individual, family, marital, and post-abortion counseling as well as adoption and maternity services.
215 Myrtle Street
Manchester, NH 03104
Phone: (603) 669-3030
TTD: (603) 668-4572
www.catholiccharitiesnh.org

HelpLine

Offers pregnancy counseling and education as well as information on parenting and adoption services.
(800) 852-3388
www.helpline.org

Lakes Region General Hospital Family Birthplace

Provides a variety of ongoing support groups and classes concerning pregnancy, childbirth, breastfeeding and infant care. Free to families delivering at LRGH; \$5.00 to others.

80 Highland Street
Laconia, NH 03246
Phone: (603) 527-2977

Maternal & Child Health

Department of Health & Human Services
6 Hazen Drive
Concord, NH 03301
Phone: (603) 271-4517
Fax: (603) 271-4519
www.dhhs.state.nh.us

The Mom's Place

100 McGregor Street
Manchester, NH 03102
Phone: (603) 626-2626
Email: info@cmc-nh.org
www.catholicmedicalcenter.org

Our Place: A Program of New Hampshire Catholic Charities

This organization provides prenatal education along with parenting education and counseling.
Phone: (603) 647-2244
www.catholiccharitiesnh.org

Planned Parenthood of Northern New England

Services include birth control options and counseling, emergency contraception, pregnancy testing, testing and treatment for sexually transmitted diseases, education and testing for HIV, annual exams, physicals and immunizations for hepatitis B, flu and other vaccine-preventative diseases. Fees based on individual income.
Toll-free: (800) 230-7526
Phone: (603) 624-1191
Facts of Life Line: 1-800-359-3359
www.plannedparenthood.org/ppne

Teen Options Walk-in Clinic

Offers free pregnancy testing and counseling as well as annual exams, sexually transmitted infection testing and treatment, and birth control.
1245 Elm Street
Manchester, NH 03101

The Upper Room TIPS Program (Teen Information for Parenting Success)

This is a community-based program that offers access to resources, with peer education and support services.
Phone: (603) 437-8477 Ext. 17

Pregnancy Centers:

www.pregnancycenters.org/nh.html

Bethany Christian Services

188 High Street
Candia, NH 03034
Phone: (603) 483-2886
Fax: (603) 483-0161
www.bethany.org

Birthright

Concord, NH
Phone: (603) 225-9666

Birthright

4 Crystal Avenue, Unit 1, Suite 6
Derry, NH, 03038-2428
Phone: (603) 434-3000

Birthright

307 Kelly Street
Manchester, NH 03102
Phone: (603) 668-3443

CareNet Pregnancy Center of Greater Concord

7 Greenwood Avenue
Concord, NH 03301
Phone: (603) 224-7477

Care Net Pregnancy Center of the Lakes Region

506 Union Avenue, Suite 2
Laconia, NH 03246
Phone: (603) 528-3121
Email: carenetpclr@earthlink.net

Catholic Social Services

16 Cottage Street
P.O. Box 323
Littleton, NH 03561
Phone: (603) 444-7727

Catholic Social Services

845 Woodberry Avenue
Portsmouth, NH 03801
Phone: (603) 431-9448

Catholic Social Services

23 Grant Street
Rochester, NH 03867
Phone: (603) 332-7701

Catholic Social Services

16 Cottage Street
P.O. Box 323
Littleton, NH 03561

Phone: (603) 444-7727
Fax: (603) 444-7728
Email: tpoekert@catholiccharitiesnh.org
www.catholiccharitiesnh.org

Dayspring Pregnancy Care Center
52 Main Street, Suites 4 & 5
Newport, NH 03773
Phone: (603) 863-3996

Dayspring Pregnancy Care Center
1 Main Street, Suite 2
West Lebanon, NH 03784
Phone: (800) 344-4272

Lighthouse Pregnancy Crisis Center
5 Pine River Path
Center Ossipee, NH 03814
Phone: (603) 539-8001

Manchester Crisis Pregnancy Center
50 Bridge Street
Manchester, NH 03101
Phone: (603) 623-5534

Nashua Crisis Pregnancy Care Center
12 Front Street
Nashua, NH 03060
Phone: (603) 883-9355

New Beginnings
P.O. Box 40
Hillsboro, NH
Phone: (603) 464-5911
Fax: (603) 464-5658
Email: newbeginnings@hismansion.com

New Generation, Inc.
568 Portsmouth Avenue
P.O. Box 676
Greenland, NH 03840
Phone: (603) 436-4989

Options For Women
559 Central Avenue
Dover, NH 03820
Phone: (603) 749-4441

Pregnancy Care Center of the White Mountains
P.O. Box 923
35 Main Street
Plymouth, NH 03264

Phone: (603) 536-2111
Email: cpcwm@juno.com
www.pregnancycenters.org/whitemountains

Pregnancy Resource Center
28 Court Street
Keene, NH 03431
Phone: (603) 358-6460

Pregnancy Resource Center of the Monadnock Region
75 E Hancock Road
Peterborough, NH 03458
Phone: (603) 924-8788
www.prconline.org

Seacoast Birthright
Durham Satellite Office
Phone: (603) 868-1607

Seacoast Birthright
323 Islington Street
Box 676
Portsmouth, NH 03801
Phone: (603) 436-5558

Sure Hope Crisis Pregnancy Center
P.O. Box 771
Hillsboro, NH 03244
603 464-3299

Infertility:

Resolve Helpline
RESOLVE's HelpLine, Medical Call-In Hour, Physician Referral Services, Member to Member contact system and Family Building magazine, are focused on providing support to couples navigating the maze of infertility.
Phone: (888) 623-0744
Email: info@resolve.org
www.resolve.org

Parenting information and Family Resources:

Childbirth.org
Provides various links with information on an array of options available for a healthy pregnancy
www.childbirth.org

Child Health Services

Provides regular check-ups and illness care for children from low-income families who are Medicaid recipients or families who have no health insurance at all.

1245 Elm Street

Manchester, NH 03101

Phone: (603) 668-6629

www.childhealthsvc.org

The Circle Program

A two-week camp for at risk girls ages 9-11. Girls participate in a range of traditional camp activities as well as being paired up with an adult woman mentor in the community.

Phone: (603) 536-4244

Email: cirvol@worldpath.net

Families in Transition

Provides affordable housing for individuals and families who are homeless or at risk of becoming homeless.

122 Market Street

Manchester, NH 03101

Phone: (603) 641-9441

Fax: (603) 641-1244

www.fitnh.org

Familystrength

Headquarters:

85 North State Street

Concord, NH 03301

Phone: (603) 228-3266

Email: info@familystrength.org

www.familystrength.org

www.elderstrength.org

Family Resource Connection of the New Hampshire State Library

Provides information resources for NH families.

20 Park Street

Concord, NH 03301

Phone: (603) 271-7931

Email: FRC@library.state.nh.us

www.state.nh.us/nhsl/frc

Family Support Services

Non-profit organization devoted to helping the families of adults and children with developmental disabilities.

Phone: (800) 870-7555, or (603) 524-7755 to determine if you are eligible for services

Franklin Family Resource Center

Services include after school program and homework club, information and referrals, family social opportunities, workshops, support groups, family support and outreach, boys and girls adventure based self-esteem building groups, and English as a second language class.

105 Loudon Road, Building 2
Concord, NH 03301
Phone: (603) 224-8909
Toll-free: (800) 417-7375

Girls on the Run

A program for girls in grades 3-5, which prepares girls for a 5k run through training and positive role models
P.O. Box 106
Newfields, NH 03856
Phone: (603) 778-1389
Email: GOTRNH@yahoo.com
www.girlsontheRunNH.org

The Grapevine

4 Aiken Street
P.O. Box 637
Antrim, NH 03440
Phone: (603) 588-2620
Email: thegrapevine@conknet.com

Hannah House

Provides support for pregnant and parenting youth. Services include residential programs, outreach, case management, vocational training, daycare, and prenatal, childbirth and parenting groups.
P.O. Box 591
Lebanon, NH 03766
Phone: (603)- 448-5339
Email: hannah.house.inc@valley.net

Healthy Families Home Visiting Program

This program is sponsored by Child and Family Services and offers support services to parents.
Phone: (800) 640-6486
www.cfsnh.org

Hope Resource Center

This center serves as a walk-in referral service providing information, resources, and support. It works to meet the needs of the entire family, to improve educational achievement, and to build a comprehensive service system that supports family stability.
222 Cedar Street
Manchester, NH 03103
Phone: (603) 625-HOPE

National Campaign to Prevent Teen Pregnancy

This program is dedicated to preventing teen pregnancy through education and information, including research on the link between athletic involvement and reduction of teen pregnancy
1776 Mass. Ave.
NW, Suite 200

Washington, DC 20036
Phone: (202) 478-8500
Fax: (202) 478-8588
Email: campaign@teenpregnancy.org
www.teenpregnancy.org

Network New Hampshire Family Resource Centers

Network NH represents 69 family support programs in NH.
Network New Hampshire
C/o The New Hampshire Children's Trust Fund

New Hampshire Department of Health and Human Services

The Department of Health and Human Services offers economic services providing money, medical, and food stamp benefits to eligible clients. This department also provides child support services.

6 Hazen Drive
Concord, NH 03301-6527
Phone: (603) 271-4886
Fax: (603) 271-0539
www.dhhs.state.nh.us

New Hampshire Healthy Kids

Provides access to affordable, quality health-care coverage for uninsured New Hampshire children up to 19 years of age. Free and low-cost health insurance.

Phone: (877) 464-2447
www.nhhealthykids.com

New Hampshire Task Force to Prevent Child Abuse

Prevent Child Abuse New Hampshire
P.O. Box 607
Concord, NH 03302
www.pcanh.org

New Hampshire Mediation Program, Inc.

Parent-child information designed to help parents and children work together towards a solution to their disagreement that satisfies each family member's needs.

The Concord Center
Suite 425
10 Ferry Street
Concord, NH 03301-2553
Phone: (603) 224-8043

91-93 North State Street, Suite 202
Concord, NH 03301
Phone: (603) 224-1279
Email: nhctf@conknet.com

Our House for Girls

A non-profit residential house for girls ages 12-18 who are experiences serious difficulty in their lives. Services include counseling, behavior management, education and an independent living program.

576 Central Avenue

P.O. Box 99

Dover, NH 03820

Phone: (603) 742-2963

Fax: (603) 749-0487

Email: ourhouseinc@attbi.com

Parents Anonymous of New Hampshire

Parents Anonymous is a mutual support group for parents, run by the parent member with the help of a trained facilitator. Anyone who is raising or helping to raise a child is invited to come to the meetings. The purpose of the group is to provide a non-judgmental place for parents to talk with each other about the challenges of being a parent today. This service is free, and parents are welcome to attend as often as they would like. Child-care is provided. Children will learn conflict resolution techniques and work on developing communication and social skills.

P.O. Box 607

1 Tremont Street

Concord, NH 03302-0607

Phone: (800) 750-4494

Email: pcanh@pcanh.org

www.pcanh.org

Parent – Child Connections Program

This program is designed to strengthen families, educate and support parents, and help children learn through play.

Phone: (603) 547-6681

The Parent Guidance Center

The Parent Guidance Center (PGC) is a nonprofit agency based in Peterborough, NH. The PGC, which serves parents, grandparents and children, provides parenting courses and support groups for parents of children aged 0-18 years old, serves parents, grandparents and children, provides parenting courses and support groups for parents of children aged 0-18 years old.

P.O. Box 3201

Peterborough, NH 03458-3201

Parent to Parent of New Hampshire

Service provided to parents of a child with temporary or long-term special challenges, that may want to speak to a parent whose child has similar needs - someone who will understand. Parent to Parent is a network of New Hampshire families willing to share experiences.

12 Flynn Street

Lebanon, NH 03766

Phone: (603) 448-6393

Toll-free: (800) 698-LINK

www.parenttoparentNH.org

Riverbend Parent-Child Centers

Assistance with the daily struggles that parents face, such as homework, bedtime, defiance, toilet training, finding resources, sibling rivalry, discipline, etc. Open Monday-Friday, 12 pm- 8:00pm. Warm Line provides someone who listens and assists with brainstorming ideas to bring you back to parenting in confidence.

P.O. Box 2032

Concord, NH 03302-2032

Phone: (603) 228-1551, ext. 3215

Parent Warm Line: (603) 639-6849

www.riverbendcmhc.org/html/consumersfamilies/consumr_parent_child ctrs.html

Step Ahead Program

635 Main Street

Laconia, NH 03246

Toll-free: (800) 870-7755

Phone: (603) 524-7755

Teen Health Clinic

Provides health care for teens that have no source of primary health care.

72 Concord Street

Manchester, NH 03101

Phone: (603) 629-9707

Sexually Transmitted Diseases/HIV & AIDS:

Center for Disease Control (CDC)

www.cdcnpin.org/

New Hampshire Department of Health and Human Services: Community and Public Health Sexually Transmitted Disease Hotline

(800) 228-0254

Anonymous and confidential HIV testing and counseling centers:

ACORN

85 Mechanic Street

Lebanon, NH 03766

Phone: (603) 448-8887

Toll-free: (800) 816-2220

The Community Health Center

2 Buck Road

Hanover, NH 03755

Phone: (603) 650-4000

Dartmouth-Hitchcock Medical Center

1 Medical Center Drive

Lebanon, NH 03766

Phone: (603) 650-6060

Planned Parenthood of Lebanon
89 South Main Street
West Lebanon, NH 03784
Phone: (603) 298-7766

Planned Parenthood of Claremont
Dunning Street
Claremont, NH 03743
Phone: (603) 542-4568

New Hampshire State resources for HIV/AIDS assistance and information:

AIDS Response of the Seacoast: (603) 433-5377

AIDS Services for the Monadnock Region: (603) 357-6855

Dartmouth-Hitchcock Medical Center - Infectious Diseases Clinic: (603) 650-6060

Family HIV: (603) 653-1492

Gay Info Line of NH: (800) 750-2524

Granite State AIDS Consortium (GSAC): (603) 228-2917

Greater Manchester AIDS Project: (603) 623-0710

Headrest Hotline: (603) 448-4400

Merrimack Valley AIDS Project: (603) 623-0607

Planned Parenthood of Lebanon: (603) 298-7766

Planned Parenthood of Claremont: (603) 542-4568

Positive Action: (603) 775-2083

New Hampshire AIDS Foundation: (603) 623-0710

New Hampshire AIDS Hotline: (800) 752-AIDS

New Hampshire Legal Assistance - Disability Rights: (603) 228-0432

New Hampshire Department of Health STD/ HIV Program: (603) 271-4486

State of NH HIV Drug Reimbursement Program: (603) 271-4483

Southern New Hampshire AIDS Task Force: (603) 595-8464

Teen AIDS Hotline: (800) 234-TEEN

NATIONAL RESOURCES:

CDC Treatment Info
(800) HIV-0440

HIV/AIDS Regional Resource Network Project
505 Eighth Avenue, 16th floor
New York, NY 10018
Phone: (212) 594-7741
Email: Kathy@cicatelli.org

National AIDS Hotline
(800) 342-AIDS

Sexuality:

Gay, Lesbian and Straight Education Network (GLSEN)

Lakes Region Phone: (603) 968-8656
Email: lrnhglsen@hotmail.com

New Hampshire Parents, Families, Friends of Lesbians and Gays (PFLAG)

P.O. Box 485
Winnisquam, NH 03289
Help line: (800) 750-2524
Phone: (603) 528-6175
www.pflagnh.org

Straight Spouse Support Network

In Southwest New Hampshire call Jane: (413) 625-6033
In Southeast New Hampshire call Ann: (603) 895-2216
In Seacoast area call Duncan: (603) 868-3441

Support for Teens:

G/LEARN

Hanover: (802) 296-3858

Headrest Teenline

(800) 639-6095

Outright Groups

A safe place for GLBT teens age 21 and under to go for discussion, support, information, friendship and programs:

Concord – (603) 224-2407
Monadnock Area – (603) 658-4234
Nashua – (603) 889-8210
Seacoast – (603) 431-1013
Manchester – (603) 537-7004
Vermont – (800) 452-2428

Trevor GLBT Teenline

(800) 850-8078

Support for Adults:

Capital Gay Men – (603) 224-6884

Dignity-Catholic Support – (603) 647-0206

Dover G/L/B/T Helpline – (603) 743-7292

Gay Info Line and CAGRL – (603) 224-1686

Headrest Crisis Line – (800) 639-6095

Seacoast Gay Men – (603) 430-4052

Women Meeting Women – (603) 883-9969

Urinary Incontinence:

United States National Institute of Diabetes and Digestive & Kidney Diseases (National Resource)

www.niddk.nih.gov/health/urolog/uibcw/index.htm

The New Hampshire Commission on the Status of Women

New Hampshire Women's Health Links

Under the Commission on the Status of Women's legislative mandate, RSA 19-B, the duties of the Commission are designed to enhance opportunities and make positive changes for women in New Hampshire.

Each year, the Commission answers questions from hundreds of New Hampshire residents on issues relevant to women and their families. Therefore, we created **New Hampshire Women's Health Links** to make access to resources quick and easy.

In an effort to produce the most comprehensive publications possible, we ask that you take a few minutes to fill out the evaluation below. The Commission is dedicated to improving the lives of women and girls throughout the state and we would very much appreciate your response. Your input is vital.

On quick review of this resource directory, please consider how beneficial each of the listed components will be in researching your health needs.

	Significant	Moderate	Slight	None	Don't Know
Alcohol & Drug Treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disabilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Domestic & Sexual Violence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General Health & Resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Care Access & Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hysterectomy & Treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reproductive Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STDs & HIV/AIDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urinary Incontinence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The New Hampshire Commission on the Status of Women

Our goal was to create an easy-to-use resource directory for New Hampshire women that is understandable, accessible, and shared. Upon first review, how would you rate the directory's:

	Excellent	Very Good	Good	Fair	Poor
Format	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clarity of content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How useful did you find this resource directory?

Very useful Useful Somewhat useful Not useful Don't know

How and with whom did you use this resource directory?

Are there any specific instances of impact as a result of this resource directory?

Any additional information you can provide that would help us to better meet your needs is greatly appreciated. Please let us know what about the resource directory is most helpful, least helpful, and any recommendations for change.

Please return completed survey to: *The New Hampshire Commission on the Status of Women*
Room 414, State House Annex
Concord, NH 03301
cmswwweb@admin.state.nh.us